

number of trade marks cut from a 16-oz. 16-ounce package of Defiance cold water laundry starch. This came from your own home, anywhere in the above named states. These trade marks must be mailed to and received by the Defiance Starch Co. Omaha, Neb. before September 1st, 1904. October and November will be the last months in which

ners to the only starch put up 16 oz. (a full pound) to the package. You get one-third more starch for the same money than of any other kind. And, besides, the starch is the ironed starch that the Exportists will give tickets to the Exportists will be sent by registered mail September 1st. Starch for sale by all dealers.

"The Vineyard," by John Oliver Schuch (lately published by D. Appleton & Co., New York), called "A study in fickleness," is a departure from the author's usual epigrammatic style and is especially entertaining for its clever character delineations and

The enthusiastic sportsman, the naturalist, and the average man or woman with a taste for good reading will all find much to delight them in the July issue of *Sports Afield*. The Natural History and Fishing departments abounded in original reading matter, and the sportsman's department, with its reports and true shooting notes, with longer articles of an editorial nature, cover a wide range of practically universal interest.

A very lately bound volume of Ben Kings's verse has recently been issued by the Poetic Co. (Boston); in commenting on this poet's work, the *Journalist* of New York says: "Lovers of

When the sad duty devolves on you to select a casket for any departed loved one, ask your undertaker to show you the new casket made by the National Casket Co. They are so far superior to these made by other manufacturers that even an untrained eye can detect the difference at a glance.

Choice in Monkeys.
She had just accused him, and they were blissfully discussing the "might-have-beens."
"Darling," he inquired in the tone of one who knows what the answer will be, "Darling, why didn't you accept that little monkey I bought for you?"
"Why not?" she answered dreamily.
"I loved another,"—Stray Stories.

TWO STEPS

The Last One Helps the First.

A sick coffee drinker must take two steps to be rid of his troubles and get strong and well again.

The first step is to cut off coffee absolutely.

That removes the destroying element. The next step is to take liquid

fee) that has in it the elements nature requires to change the blood corpuscles from pale pink or white to rich red, and good red blood builds good strong and healthy cells in place of the broken down cells destroyed by coffee. With well boiled Postum Food Coffee to shift to, both these steps are easy and pleasant. The experience of a Georgian proves how im-

"But in 1906 I read of a case similar to ours where Postum Coffee was used in place of the old coffee and a complete cure resulted, so I concluded to get some and try it.

"I never had a symptom of the old trouble and in five months I had gained from 145 pounds to 143 pounds."

"My friends asked me almost daily what wrought the change. My answer always is, leaving off coffee and drinking Postum in its place."

"We have many friends who have been benefited by Postum."

"As to whether or not I have stated

the Bank of Canton or any business firm in that city where I have lived for many years and am well known." Name given by Postum Co., Battle Creek, Mich.

"There's a reason."

Look in each pkg. for the famous little book, "The Road to Wellville."

